

**WHAT'S IN A MEAL**  
Grades K-12

**National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12**

School Year 2023-24

**Module 4: School Breakfast Program (SBP) Meal Pattern**

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Bureau of Child Nutrition Programs

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**What's in a Meal Modules**

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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**WHAT'S IN A MEAL**  
Grades K-12

**Module Topics**

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**Module 4 Topics**

- Overview of breakfast meal pattern requirements
- Daily meal pattern requirements
- Weekly meal pattern requirements
- Options for offering MMA
- Dietary specifications
- Resources

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**WHAT'S IN A MEAL**  
Grades K-12

**Overview of Breakfast Meal Pattern Requirements**

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**Three Requirements for Breakfast Menus**

<b>1</b> Daily servings of each food component	<b>2</b> Weekly servings of each food component	<b>3</b> Weekly dietary specifications (nutrition standards)
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## Daily Breakfast Requirements

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## Minimum Daily Portions




- Same for all grades
  - K-5
  - 6-8
  - 9-12



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## Breakfast Meal Pattern for Grades K-12




Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		

May offer MMA in addition to 1 oz eq of grains

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## Breakfast Meal Pattern for Grades K-12




Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		

May substitute any vegetables for fruits component

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## Breakfast Meal Pattern for Grades K-12

Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		

Must offer  $\geq 2$  different choices of low-fat or fat-free milk and  $\geq 1$  unflavored choice

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## Weekly Breakfast Requirements

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### Weekly Breakfast Requirements

**Based on 5-day week**

**Shorter or Longer Week**

- Increase or decrease weekly servings by 20% for each day

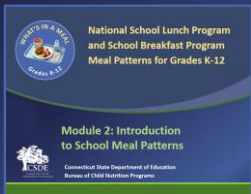


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### More Information on Weekly Breakfast Requirements

- Module 2: Introduction to School Meal Patterns



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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
⇒ Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Maximum not required but provides guide to meet dietary specifications

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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
⇒ Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Must offer > minimum daily amount on some days

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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
⇒ Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
⇒ Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5


≥ 80 percent of the weekly grains must be whole grain-rich (WGR)

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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
Grains, oz eq	7-10	8-10	9-10
⇒ Fruits, cups	5	5	5
Milk, cups	5	5	5

Juice limit ≤ 50% of weekly servings 

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### Weekly Breakfast Requirements: 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
⇒ Milk, cups	5	5	5

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### Breakfast Meal Pattern: Optional Grade Groups




Weekly Requirements for 5-day Week						
Food components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5

Same daily quantities

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### Breakfast Meal Pattern: Optional Grade Groups




Weekly Requirements for 5-day Week						
Food components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains, oz eq	1	8-10	1	9-10	1	9-10
⇒ Fruits, cups	1	5	1	5	1	5
⇒ Milk, cups	1	5	1	5	1	5

Same weekly quantities for fruits and milk

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### Breakfast Meal Pattern: Optional Grade Groups




Weekly Requirements for 5-day Week						
Food components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
⇒ Grains, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5

Narrower weekly range for grains

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### Breakfast Meal Pattern: Optional Grade Groups



Weekly Requirements for 5-day Week						
Food components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5

Narrower weekly calorie range and stricter sodium limits

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**CSDE Resource**

## Meal Patterns for Grades K-12 in School Nutrition Programs

Breakfast Meal Patterns	
<b>Standard Grade Groups (K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10)</b>	<b>Options for Multiple Grade Groups</b>
The breakfast meal pattern below includes the three required grade groups (K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10).	The breakfast meal pattern below lists options for schools with only one required grade group of students (not being substituted) into the three required grade groups (K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10). These meal patterns require a "barometer" (orange and green identification requirements).
<b>4-Day Meal Patterns</b>	<b>4-Day Meal Pattern Options</b>
<ul style="list-style-type: none"> <li>4-Day Breakfast Grades K-5</li> <li>4-Day Breakfast Grades 6-7</li> <li>4-Day Breakfast Grades 8-10</li> </ul>	<ul style="list-style-type: none"> <li>4-Day Breakfast Grades K-10 Option 1</li> <li>4-Day Breakfast Grades K-10 Option 2</li> <li>4-Day Breakfast Grades K-10 Option 3</li> </ul>
<b>5-Day Meal Patterns</b>	<b>5-Day Meal Pattern Options</b>
<ul style="list-style-type: none"> <li>5-Day Breakfast All Grades</li> <li>5-Day Breakfast Grades K-5</li> <li>5-Day Breakfast Grades 6-7</li> <li>5-Day Breakfast Grades 8-10</li> </ul>	<ul style="list-style-type: none"> <li>5-Day Breakfast Grades K-10 Option 1</li> <li>5-Day Breakfast Grades K-10 Option 2</li> <li>5-Day Breakfast Grades K-10 Option 3</li> </ul>
<b>7-Day Meal Patterns</b>	<b>7-Day Meal Pattern Options</b>
<ul style="list-style-type: none"> <li>7-Day Breakfast All Grades</li> <li>7-Day Breakfast Grades K-5</li> <li>7-Day Breakfast Grades 6-7</li> <li>7-Day Breakfast Grades 8-10</li> </ul>	<ul style="list-style-type: none"> <li>7-Day Breakfast Grades K-10 Option 1</li> <li>7-Day Breakfast Grades K-10 Option 2</li> <li>7-Day Breakfast Grades K-10 Option 3</li> </ul>

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents/BreakfastMealPatterns>

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## Offering MMA at Breakfast

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## Offering MMA at Breakfast

- Optional
- Two options




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## Two Options for MMA at Breakfast

**1**

Offer MMA as **creditable food**



- Must offer  $\geq 1$  oz eq of grains
- Counts toward weekly grains
- Counts as grain food item for OVS
- Must offer  $\geq \frac{1}{4}$  oz eq MMA
- 1 oz eq MMA = 1 oz eq grains
- Counts toward weekly dietary specifications


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## Two Options for MMA at Breakfast

**2**

Offer MMA as **extra food**




- Does not count toward weekly grains
- Counts toward weekly dietary specifications

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## Examples of MMA Substitutions



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### Examples of MMA Substitutions

MMA Substitution	Grains
Cheese, 1 ounce 	1 oz eq
Egg, ½ large 	1 oz eq
Yogurt, ½ cup 	1 oz eq
Peanut butter, 2 tablespoons 	1 oz eq

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### Does this menu meet the SBP meal pattern requirements?

**Menu 1**

Scrambled egg, 1

Whole-grain toast, 1 ounce

Cantaloupe, ½ cup

Blueberries, ½ cup

Milk choice, 1 cup

Yes

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### Does this menu meet the SBP meal pattern requirements?

**Menu 2**

Scrambled egg, 1

Shredded cheese, ½ ounce

Cantaloupe, ½ cup

Blueberries, ½ cup

Milk choice, 1 cup

No

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### MMA Substitutions Cannot Include

- Cream cheese
- Bacon (pork)
- Liquid egg substitutes
- Egg whites without yolks
- Imitation cheese
- Drinkable/squeezable yogurt




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### USDA Resource

#### Offering Meats and Meat Alternates at School Breakfast




<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

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### Dietary Specifications for Breakfast



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### Dietary Specifications for Breakfast School Years 2022-23 and 2023-24

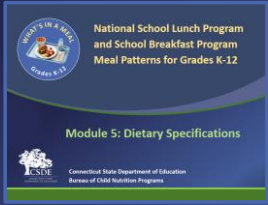
Nutrients	Standard Grade Groups			Optional Grade Groups		
	K-5	6-8	9-12	K-8	K-12	6-12
Calories	350-500	400-550	450-600	400-500	450-500	450-550
Saturated fat	< 10%	< 10%	< 10%	< 10%	< 10%	< 10%
Sodium (milligrams)	≤ 540	≤ 600	≤ 640	≤ 540	≤ 540	≤ 600
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

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### More Information on Dietary Specifications

- Module 5: Dietary specifications



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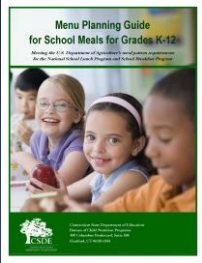
## Resources for SBP Meal Pattern

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### CSDE Resource

## Menu Planning Guide for School Meals for Grades K-12




<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

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### CSDE Webpage

## Meal Patterns for Grades K-12 in School Nutrition Programs Webpage



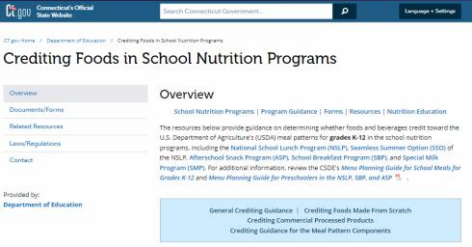
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents#BreakfastMealPatterns>

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### CSDE Webpage

## Crediting Foods in School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

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**CSDE Webpage**  
**Program Guidance for School Nutrition Programs**

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns/School-Nutrition-Programs>

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**CSDE Webpage**  
**School Breakfast Program**

<https://portal.ct.gov/SDE/Nutrition/School-Breakfast-Program>

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**CSDE Resource**

**Resources for the School Meal Patterns for Grades K-12**

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources\\_School\\_Meal\\_Patterns\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf)

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**Questions?**

**Contact the school nutrition programs staff**

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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**Thank you for participating in module 4!**

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
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2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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